



Munterconnaught

Our Community Newsletter

ourMCnews@gmail.com 086-0828040

24th May 2023

Collated and published by Noleen Skelly

OUR COMMUNITY NEWSLETTER

FREE to all readers (in paper or digital form). **PAPER** – collect it in the shop.

EMAIL Contact the above by email to get your edition.

YOUR INPUT is welcome. All are welcome to contribute news.

Advertisements are welcome (and needed for the ongoing publication of this free newsletter). Rates on back page.

DEATHS

Mary (Minnie) McInerney (née Tuite), Knockaraheen, Virginia, Co. Cavan.

Anthony Connor, Kells and formerly Carnaross (11th May) and his daughter Kasie Curran on 17th May. Our sincere sympathy to Anthony's sister Mary Stanley, Clonasillagh.

Eddie Smith, Termon, Virginia and formerly Cormaddyduff (12th May). Our sympathy to his Young children Keelan, Aaron and Ava, father Patsy, siblings Michael, Catriona and Anna, and their families.

Bernadette (Bernie) Lynch, Carrigabruise (17th May). Our sympathy to her daughter Alison and Alison's husband Pauric Tighe and their family, and also to Stephen and Pauge Lynch.

Jean Tighe, Ryefield, is still missing since 13th July 2020, in Parede, Lisbon, Portugal. Update on the investigation:

Unfortunately, there has been no further investigation on Jean's case.

The following issues remain outstanding in the investigation.

- There is still No confirmation on whether all of Jean's family DNA- 4/5 samples has been uploaded to the appropriate databases, what are these databases? Or do they reach all the Countries in the World?
- There's is no communication from the Gardaí or the Dept Of Justice. Brendan Smith TD, is awaiting replies from the Dept.
- We still don't have any Facebook, Instagram and other social media account records, for eg: Match.com records.
- We still don't know anything about Jean's bank account records.
- There continues to be no communication between the Gardaí & the Portuguese police & Interpol?
- We still don't know what Interpol have replied back to the Gardaí? Or what Interpol are doing about Jean's disappearance?
- Jean is still not up on Portuguese Police Missing Persons website- in other words, there's no formal police and public report about Jean's disappearance on July 13th 2020. Local Portuguese people constantly tell us that they've never heard anything about Jean's disappearance from the Portuguese authorities and ask why Jean is not up on the PJ's database.



Please keep Jean and her family in your prayers.

Also keep an eye on and follow **MISSING JEAN TIGHE's fb page.**

<https://www.facebook.com/profile.php?id=100087960987592>

History of Munterconnaught Homes Project.

We hope you are all gathering information about your home, and if you can, any information about a derelict or vacant home in your possession or in your vicinity.

If you are interested in compiling information relating to this project, and have not contacted anyone yet, we look forward to hearing from you.

Noeleen 086-0828040 or info@munterconnaught.ie

History of Munterconnaught Homes Project



The aim of the project is to gather and eventually publish information on the buildings of Munterconnaught.

BALLYDURROW COMMUNITY CENTRE & MCDA

Sensory Room: Ballydurrow Community Hall has a sensory Room. ☎ Dermot O'Reilly for details 087 910 2147.

Our Hall is now be available for rent in evenings and at weekends.

Further details from Carina O'Reilly 086-1798419. €20 per hour for commercial. mcda.bcc@munterconnaught.ie



HERITAGE CROSSROADS

Munterconnaught Heritage Bréifne High Nellys took to the road again after a lapse of 4 years due to Covid. It was dedicated to the late Frank Nulty who was a very active participant in our High Nelly Runs and who died tragically last year.

This was a Fundraiser in aid of Charities (**Oldcastle Alzheimer Committee / Motor Neuron Ireland / Virginia Cancer Care**) & **Munterconnaught Heritage Crossroad Development**. Bucket collections were in place in Oldcastle / Ballyjamesduff & Virginia on the day and the generosity of all who contributed was astounding. We thank all the collectors for collecting from early until late and all Charities will benefit tremendously.

The route began with Registration on the Square in Oldcastle and what fun there was there. Farrelly's Bar arranged a morning fest of sandwiches, scones, tea & coffee. As the Nelly's gathered the many photographers there had a field day capturing what was a vintage spectacle of old bikes, one 100 years old, splendid garments from another era, banter, and craic. Registration ended up with 52 High Nelly's. We had a birthday celebration for Gregory O' Reilly who was 81 and a rendering of Happy Birthday rang out over Oldcastle.

The Nelly's set off at 12.15, led by our Grand Master Michael Hetheron, and headed to BJD via Jim Farrelly's, a past Grand Master of Bréifne High Nelly Club, where we stopped for refreshments. Then on to BJD where the peloton was led into town by the local Fire Brigade. Following a short refreshment break in Farrell's the group set off for the Billis. A beautiful Service was conducted by Fr. Andrew Tully took place at the Billis where the tragic accident occurred. Frank's Sister Geraldine Prichard read a beautiful reflection and laid a wreath presented to her by Frank's friend. Everyone noted a butterfly maintained a presence during the entire Service which would make the mind wonder!

The Gardaí led - as we continued to Virginia where another photo session, chat and short refreshment break in Matthews Bar. Next stop was the Lakeside Manor where the refreshments were again in plenty and appreciated in the very scenic surroundings of Lough Ramor. Then it was the last lap and the Nelly's readied themselves for the gruelling hills heading back home to Ryefield Crossroads in Munterconnaught. There was great relief when everyone turned the Crossroads, and the finish was in sight. Following the photos the

group retired into The Ramor Inn where Food, Music, Song and a Raffle concluded the evening. There were tales of broken cotter pins, slipped chains, no brakes, great adventure and of course the friendships people who had never met each other before struck up on the journey.

Munterconnaught Heritage Breffni High Nelly Club would like to thank all who helped this event. The stewards who brought the group safely around the 30 Kilometres route through 3 towns and the many crossroads we encountered. The Gardaí in Oldcastle, Brendan & Billy, and Marie Donoghue in Virginia with all her crew, who chaperoned us on the N3. The collectors for the three Charities who collected from early until late. The venues who facilitated toilet stops and put up a fantastic array of food & refreshments. And lastly but not least the people who contributed so generously to the collections and who had the patience to wait for the High Nelly's to pass even though there were a few tailbacks.

Everyone who took part in the 2023 High Nelly are starting to think of the long summer days ahead, but also of 2024 event which we hope will again attract the old High Nelly enthusiasts, and we can add to the huge numbers from 2023 as we establish this as a yearly event on the Heritage Calendar in Cavan/Meath.

The Presentation of a cheque for €860 to Oldcastle Alzheimer's Society

(L-R) Irene Farrelly(MH), Brendan O' Brien(MH), Jacinta Mc Enroe (MH), Pauline Hankin (MH), Margaret Abbott (OA), Pauline Rudden (OA), Samantha Scally (Manager OA), Tess Brady (OA), Noel Mc Enroe (MH)
Missing from photo are Sam Hennessy (OA) / Ray Murray (MH) & Peter Erickson (MH)



The Presentation of a cheque for €2500 to BJD Motor Neuron. (L-R) Ray Murray(MH), Noel Mc Enroe(MH) Brendan O' Brien(MH), Angela Brady(BMN), Evelyn Keogan(BMN), Jacinta Mc Enroe(MH), Irene Farrelly(MH), Pauline Hankin(MH). Missing from photo is Peter Erickson(MH)



The Presentation of a cheque for €500 to Virginia Cancer Care. (L-R) Ray Murray(MH), Brendan O' Brien(MH), Noel Mc Enroe(MH) Sally Kermeth (VCC), Irene Farrelly(MH), Margo Keating(VCC), Jacinta Mc Enroe(MH), Pauline Hankin(MH). Missing from photo is Peter Erickson(MH)



Other News

Foróige: We are hoping to have Foróige youth club up and running in the parish again starting in September. Foróige is for secondary school students. If any parents are interested please contact Caroline Farrelly on 087-2263169 or Tina Walsh on 087-6304889.

Kells Theatre School present the 21st Sparkling Gala Variety End of Year production 'MULAN' ON **Sat 3rd June at 7pm** in Kells Theatre. Solos, Comedy, Monologues, Poems and much more. Adults €10, Senior Citizens, Teens and Children €8. Fam Rate 2A + 2C = €30. Fb Kells Theatre School. **Conaty's Point Swimming 2023** will take place on Monday July 24th until Friday August 4th inclusive. This year we will return to the traditional programme of 2 swims per day, a morning session and an afternoon session. Registration is now full up. To be added to waiting list contact Marguerite on 087-9801351

The Moylagh JFK 50 Mile Challenge is a unique event in Ireland and is happening on **Sat 10th June**. Register to experience the comradery of fellow walkers/runners and appreciate the beautiful scenery and amazing support from the local communities along the route through Meath, Cavan; Westmeath. Join up today as an individual or walk as a team or do a relay and complete as many miles as you want while raising vital funds for The Irish Cancer Society, LARCC; Palliative Care. This is our 12th year and we have raised €1,068,883 so far. Details www.50milechallenge.com, Facebook; Instagram

Potholes: Potholes can be reported to the local council office in Virginia (049 854 7013) and referencing the road number.

School Bus: Don't forget to apply for your child's place on the school bus. Info on Transport for Ireland website.

Vacant property grant 30k / Derelict property 50k: Check out <https://www.cavancoco.ie/services/housing/croi-conaithe/>

Going on holidays??

Passport: Don't forget to check the expiry date on your passport, and remind everyone else in your group to do the same.

A Passport Card is valid for travel to all EU Member States, the members of the EEA (Iceland, Liechtenstein, and Norway), Switzerland and the United Kingdom. It is recognised as a valid travel document by relevant national authorities. For more info <https://www.dfa.ie/passportcard/>

European Health Insurance cards (EHIC cards) are free for all citizens. They cover medical costs within Europe for people on holiday for a maximum of three months (and the full academic year if you are travelling for study). Applications for an EHIC card can be made in person or by post to the local health office. For County Cavan, this is: Primary Care Services, Connolly Street Primary Care Centre, Connolly Street, Cavan. H12 W3K2

Applications can also be made online for those who have a medical card or GP card.

The application form and more information can be found at <https://www2.hse.ie/services/schemes-allowances/ehic/apply/>

High Tech Training

High Tech Kids - Computer, Robotics & Technology Summer Camp

August 15th & 16th 10 - 1pm. 2nd - 6th Class. Cost €60. Rural Hub Virginia Information [Registration Form](#) Ann 086 6018559

<https://hightechtraining.ie/>

Knocktemple NS Enrolment for School Year 2023 - 2024

All info regarding **enrolment** and other school details are available on our school website, www.knocktemplens.ie and on our school Twitter page @knocktemple. Please phone the school on 049 8547081 or e-mail office@knocktemplens.ie for an application form or if you have any questions. Please feel free to share this form with anybody who is considering enrolling their child in our school.

Congrats to the First Communion Class, who celebrated their First Communion on 20th May.
Knocktemple NS PA. Fun Run fundraiser: Sun 11th June 2023. Start at Knocktemple NS at 12 noon. Registration 11.45am. Families of school children have Sponsor cards, if you can, please support. All members of our community are welcome to join and walk with us.
Cash for Clobber: All bags can be dropped in the school on any school day, and left beside the shed door (or in the shed) before the end of May (date to be arranged).

ECCE & Afterschool: Mini Me's. Located beside Castlerahan School. We are now taking bookings for ECCE and Afterschool for Sept 2023/2024. Limited places. Contact Anita Clarke. 083-206 7482 minimesplayschool1@gmail.com

If you feel overwhelmed, contact Samaritans ☎ 116 123

Some tips for coping better <https://www.facebook.com/moodwatchers/>

Phone a friend. Just say "I need help".



Karen O Reilly - The Intuitive Coach | 087-256 4696

What would life be like without connection? Life feels so much better when we feel connected. Creating a connection with oneself is at the very heart of Karen's work. She helps and facilitates people in creating a deeper connection with themselves at a heart level, which is so powerful! Karen delivers free Live Meditations weekly on Karen's private Facebook Group - The Intuitive Space. These free live meditations give you the opportunity to learn how to connect with yourself, which will help you in creating better connections with other people. This guided visualisation meditation has brought great peace, calmness and physical healing to those that are doing the guided meditations regularly, some will go as far as saying it has 'changed their life'.

If you would like to experience this for yourself, contact Karen to join her group. If you would prefer to experience this in a one to one setting, call or text Karen to arrange an appointment.

Karen is currently running groups in Ballydurrow Community Centre and also in Virginia. If you would like to join her Guided Meditation Group, drop her a text.

Family Addiction Support Network (FASN) – A shared learning & networking event – Cavan and Monaghan. The aim of the event is to create awareness of FASN family support services across Cavan and Monaghan, for family members who have loved one's experiencing addiction and substance misuse issues.

Wed 31st May, 10am – 1pm. Kilmore Hotel H12 F6Y7. Lunch included 1-2pm.

To register contact tar.le.cheile.fasn@gmail.com Helpline: 087-9046 405.

Office: 042-9355 251 www.fasn.ie

If you are a Family Carer: <https://familycarers.ie> may be able to offer support & direction.

If you need help with finances, contact MABS 0818 07 2000

The MABS Helpline **0818 07 2000**, is available Monday to Friday from 9am to 8pm. Helpline Advisers can give you advice and support on many money management and debt issues, and can also provide you with MABS self-help materials free of charge.

Bees and Beekeeping *by Declan Cooney.*



Beekeeping has a long and interesting history in Ireland. The laws of ancient Ireland mention bees frequently and outline the responsibilities of beekeepers and the penalties for breaking the laws. For example, if someone was stung by a neighbour's bee, they would be entitled to a meal of honey from the beekeeper – but only if they had not retaliated by killing the bee! Also, if your bees swarmed, you could follow them onto your neighbour's land without being accused of trespass.

Mead, an alcoholic beverage made from fermented honey, was the drink of choice at feasts held by Irish kings and chieftains down through medieval times. Honey also features in a number of Irish placenames such as Mell, Co. Louth; Mellifont (font or fountain of honey) and Clonmel (Cluain Meala, meadow of honey).

Modern beekeeping in Ireland can be said to date from the 1880s with the introduction of the movable frame hive. Beekeeping was being promoted as a means of increasing the income of poorer farmers and cottiers. Grants were payable to those who wished to take up beekeeping. These grants were administered by the County Committees of Agriculture. As well, each committee was required to employ an instructor with specific responsibility for beekeeping. For over 35 years until his death in 1947, the beekeeping instructor for Co. Cavan was Henry Humphrys, who lived near Ballyhaise. Honey shows were also held and there is an account of a honey show in Cavan in 1905 which attracted over 300 entries. The records of Cavan Committee of Agriculture include the names of beekeepers, some from Munterconnaught, who received grants for the purchase of bees and/or beehives.



However, beekeeping in Co. Cavan declined in the second half of the 20th century, mainly due to increased specialisation in agriculture and more intensive farming practices. The last decade or so has seen a revival of interest, as well as greater appreciation of the importance and also the fragility of the various bee species. County Cavan Beekeepers' Association has gone from strength to strength since reforming in 2011 and will have a stand again at this year's Virginia Show. An encouraging aspect is the number of young people displaying interest and the hope must be that this trend will continue.

Gardeners' Corner

We have two local WhatsApp gardening groups.

The **Munterconnaught & local** garden group swaps and shares seeds / plants etc. and sometimes even offers or seeks advice. ☎ Noeleen 086-0828040.

The **Virginia Show garden group** does the same as above, but also arranges gardening and similar classes in the Virginia Show Centre. ☎ Monica 086 126 1393.

Carraig Gardens, Mountnugent A82 DN34. **27 & 28th May**. Sat 27th, 9am-6pm, Yoga on the Lawn @ 10am. Sun 9am-3pm. Sunday Miscellany @ 12 noon. Loads to do, Draw, photos, Archery, Quiz, Porcelain doll display, See their fb page for more info.

Annual Seed / Swap event at the Crossroads. **Sat 3rd June, 3pm – 5pm.**

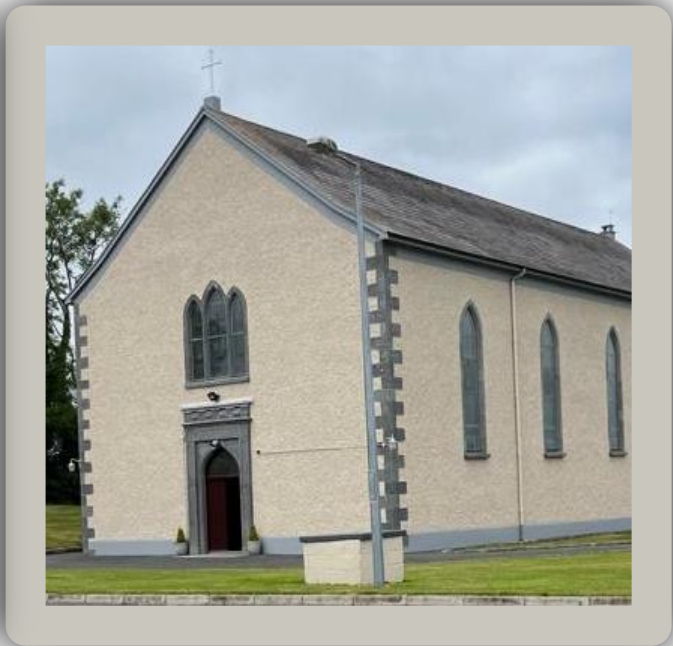
Plant Fair: Tullynally Castle Gardens, Castlepollard **Sat 24th June, 11am – 5pm.** Adm free. Stock up on rare and exciting plants which are not available in garden centres.

Regina's Garden Party: **Sat 8th July, 3pm - 7pm.** Island. A82 N2X3 Swap and share plants – it's that simple. Enjoy a cuppa and a chat while sharing your best gardening tips. Parking is at the road. Contact 086-0516696 for further info.

Certified Seed Potatoes – free to a good home. 086-2844165.



ST. BARTHOLOMEW'S CHURCH



<p>Contact details for our Priests. Fr Kevin Donohoe 049-8544410 ballyjamesduff@kilmorediocese.ie Fr. Brian Flynn C.C. 049-8547435 086- 0422996</p>	<p>Notices before Thurs 6pm</p>
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<p>Schedule of Weekly Masses</p>	<p>Tuesday: – 9.30am Friday: - 8.00pm</p>	<p>Wednesday: - 9.30am. Sunday Mass: 9.30am</p>
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First Holy Communion: Congratulations to the girls and boys from Knocktemple NS who made their First Holy Communion on Saturday 20th May 2023.

Date for your Diary: Blessing of the graves will take place in Munterconnaught on Sunday 2nd July 2023 after 9.30am Mass. Please inform family members or former parishioners living elsewhere of this date so as to give them an opportunity to make plans to attend.

CHY REVENUE TAX FORMS. Members of the parish Finance Council are actively following up the completion of Tax forms. Many thanks to all who have returned their tax forms over the last number of weeks. For some others you may have just forgotten or left it to one side with the intention of filling it out later. This is a vital source of income for the parish but can only be claimed if the form is returned. Your immediate attention to returning this form would be very much appreciated. If you have any queries in relation to completion of the form, please text **083-097 2655**.

Banking Details for our Parish

<p>A.I.B Bank Details for St. Bartholomew's Church</p>	
<p>Weekly Offertory Collection Current Account Sort Code: 932051 BIC: AIBKIE2D Account Number: 42217044 IBAN: IE94AIBK93205142217044</p>	<p>Priest's Revenue Account (Monthly Dues) Current Account Sort Code: 932051 BIC: AIBKIE2D Account Number: 42444028 IBAN: IE83AIBK93205142444028</p>

Many thanks for your contributions to the upkeep of the parish and the salaries of the priests.

Trócaire Boxes – Please remember to return your Trócaire boxes. Many thanks in advance.

Volunteers are always welcome. To join, contact: Altar Society - Dympna 086 361 3902.
Readers - Ann 086 356 5640.
Choir - Caroline 086 244 0385

Pre Marriage Course - takes place in the Kilmore Diocesan Pastoral Centre, The Conaty Centre, Cullies, Cavan H12 E5C7 on 13 & 14 Oct. Fri evening sessions 7.30pm to 10pm Sat sessions 10am to 5pm. Couples are obliged to attend both sessions. Book on line at www.accord.ie or ☎ Eileen Connolly in the Cavan Accord office on 049 4375004, ext 101

The parish Newsletter is distributed each weekend by email. Anyone who would like to receive a copy, contact skellynoeleen@gmail.com or 086-0828040

St. Padre Pio Healing Mass in St. Patrick's Church, Ballinamore, Thurs 25 May at 7pm. Fr. Bryan Shortall OFM Cap., National Director of Padre Pio Ministry in Ireland, and Fr. James Connolly OFM Cap. will attend. Blessings will take place after Mass with the Relics.

Mary's Meals Ireland will hold a church gate collection on **May 27th and 28th**. They feed more than 2.4 million children each school day in 18 of the world's poorest countries. €22 will feed a child in their place of education for a whole school year. With at least 93% of all donations going directly to their charitable activities. For more information go to www.marysmeals.ie or call Patricia on 086 3140814 Your generosity is appreciated.

Pentecost Healing Service led by Eddie Stone will take place in St Brigid's Church, Killygarry, Cavan on Pentecost **Sunday May 28th at 2pm** with Rosaries, Holy Mass, Laying on of hands and prayers for healing. Confessions will be made available. All welcome

Cavan Community Cinema Silver Screen is coming to BJD. A free showing of the film "Living" starring Bill Nighy will take place in the Old Courthouse on **Tue 30th May** at 8pm. Please note: This film screening is for the over 65 members of our community. There will be no entry fee – so please bring a friend and show your support to this fantastic initiative. This film is in association with Access Cinema's Bealtaine Festival Tour.

Novena for Life: The Pray for Life Novena is an invitation to join thousands of people across Ireland to pray for the protection of human life, from Tue 23rd May to the Feast of the Visitation on **Wed 31st May**. Each day's intention is accompanied by a short reflection and suggested actions to help build a culture of life in Ireland. Visit www.prayforlife.ie for the daily novena prayers which will also be posted on [facebook.com/PrayforLifeNovena](https://www.facebook.com/PrayforLifeNovena) and @ChooseLifeIRL on Twitter.

Blessing of the Graves in St. Bartholomew's Church on **Sun 2nd July** after 9.30am Mass.

Kilmore Diocesan Pilgrimage to Knock – **Wed 9th August**, the feast of St. Felim, Patron Saint of our Diocese. Led by Bishop Martin. **2pm:** Outdoor Stations of the Cross and Procession. **3pm** Concelebrated Mass with anointing of the sick.

Pilgrimage to the Holy Land: Fr. Gerry McCormack, P.P, Kingscourt will lead his 21st consecutive pilgrimage to the Holy Land from **Nov 24th – Dec 2nd**.

Cost €2,095 inclusive of flights, baggage, all transfers, full use of air-conditioned coach, all entrance fees, excellent catholic guide and a full religious programme.

Book with Navan Travel at 046-9068600 and all enquiries to Kingscourt Parish office at 042-966731



Prayer for the Month of May:

O Mary, Mother of God and our Mother, in this time of trial we turn to you.

As our Mother, you love us and know us: no concern of our hearts is hidden from you.

Mother of mercy, how often we have experienced your watchful care and your peaceful presence!

You never cease to guide us to Jesus, the Prince of Peace...

Holy Mother, amid the misery of our sinfulness, amid our struggles and weaknesses, amid the mystery of iniquity that is evil and war, you remind us that God never abandons us, but continues to look upon us with love, ever ready to forgive us and raise us up to new life.

He has given you to us and made your Immaculate Heart a refuge for the Church and for all humanity.

By God's gracious will, you are ever with us; even in the most troubled moments of our history, you are there to guide us.

Bless, guide and protect our families and keep us always in your loving care, Amen



Wards of Court – Change in Legislation

Now - The Assisted Decision Making (Capacity) Act 2015.

In previous times, a person who the courts decided was not able to look after their own affairs was made a ward of court. Decisions regarding their affairs were then made on their behalf by the court and/or a person(s) (often but not always family members) appointed by the court and known as “the committee”.

However, on 26 April this year new legislation came into force, **The Assisted Decision Making (Capacity) Act 2015**. People can now no longer be made wards of court. Instead, the new Act sets out various levels (currently five scenarios) of Decision Support Arrangement, which depend on the capacity of the person involved.

Within three years all adult wards of court will be brought under the new arrangement. If any ward is still under 18 after this three-year period, the decision-making capacity review will take place within six months of turning 18.

Further info on these changes can be found at www.citizensinformation.ie (search “wards of court”), www.decisionsupportservice.ie (search “wards of court”) and www.courts.ie (search “Assisted Decision Making (Capacity) Act”).

There is also a most useful video on www.youtube.com (search “a court service and decision support service collaborative online event”).

**Insanity Is Doing the Same Thing Over and Over Again
and Expecting Different Results**



Club Officers for 2023

Chairperson: John Lynch

Secretary: David Cremin

PRO: Aisling Burns

Designated Liaison Person: Sean Enright

Underage Chairperson: Aidan Barr

Vice Chair: Val Yore

Treasurer: Maria Carr

Children's Officer: Lynn Grimes

Cultural Officer: Caroline Gilsenan

Underage Secretary: Joanne McGovern

LOTTO RESULTS JP Jackpot. QP Quickpick.

10th Apr: JP: €9,700. **Nos:** 01, 07, 11 & 28. **QP:** L A Fitzsimons, Fennor, Oldcastle; Norbert McEnroe, Ryefield; Eugene Sheridan, Ryefield; Thomas Lynch, Ryefield.

17th Apr: JP: €9,800. **Nos:** 02, 20, 24 & 31. **QP:** Pauline Keenan, Drumheel; Brenda Creamer, Roundwood, Bray; Ollie Stanley, Rahard; Ruth McToal, Knocktemple.

24th Apr: JP: €9,900. **Nos:** 03, 11, 20 & 32. **QP:** Cathy Brady, Ryefield; Antoinette Blake, Ballinacree; Owen Brodie, Ryefield; Catherine Stanley Rogers, Donegal.

1st May: JP: €10,000. **Nos:** 11, 20, 22 & 28. **QP:** Kieran Finnegan, Ryefield; Teresa McEnroe, Beherna; Kitty Lynch, Croghan; Noel & Marina Lynch, Carrick.

8th May: JP: €10,100 **Nos:** 12, 23, 24 & 26. **QP:** Ciaran Cosgrove, Navan; Darren Ferguson, Lavey; Danny Nolan, Knocktemple; Niall O' Donoghue, Island.

15th May: JP: €10,200 **Nos:** 16, 26, 28 & 29. **QP:** L & L Fitzsimons, Fennor; Chris Hetheron, Knocktemple; Ellen Cooney, Rahardrum, Virginia; The Yore Family, Lurganboy.

22nd May: JP €10,300. **Nos:** 07, 08, 16, 27. **QP:** Mary T. Lynch, Roundwood, Bray; Pat McGovern, Lakeview, Virginia; Carina O'Reilly, Virginia; Amy McKendry, Knockaraheen.

Next Jackpot-Monday, 22nd May. €10,300. In the Ramor Inn.

Congratulations to all winners. Thank you for playing our lotto and supporting our club.

Play online on Clubforce, or envelopes available locally. If you're not in you can't win.

Fixtures: This is a busy time of year with games across all age groups in the club. Please keep an eye on club social media pages for up to date fixture information. A full fixture list for the week ahead is posted each Monday on our "MuintirConnacht GAA" Facebook page.

<https://www.facebook.com/profile.php?id=100057683288790>

Kellogg's Competition: Pick up a promotional pack of Kellogg's Corn Flakes or Rice Krispies in store and enter the competition to either win €25,000, €10,000 and €5,000 for your club!

Find out more kelloggsculcamps.gaa.ie/competition

Walking Track Lights: The only means to be used to light the walking track is by using the external switch on the outside wall, left of the main door of the clubrooms. This is on a timer and will automatically extinguish the track lights after a set time period. No other means should be used to light the track.

Pitch and training lights: Can everyone who is using the training pitch and main pitch please remember to switch off the lights when finished. Lights have been left on a number of occasions in the past few weeks. Thank you

Drug & Alcohol awareness Workshop: Following this workshop, our GAA contacts are John Lynch and Sean Enright. If you need help to cope if you find yourself in trouble with drugs or alcohol, John and Sean will be the non-judgemental people to talk to in the club, and will direct you to the appropriate services which will give you the best advice and guidance. The trouble could be the addiction itself / debt / or many other issues that arise as a result of the above.

Cul Camps in Munterconnaught from 17th to 21st July. **SOLD OUT.**

<https://www.kelloggsculcamps.gaa.ie/booking/?county=Cavan>

Cúl Camp / Job Opportunity. Cavan County Board (CCB) are currently recruiting Cúl Camp Coaches to work at our camps in Summer 2023. A number of camps have already reached their capacity due to Coach to Child ratio.

These camps will only have spaces added in JUNE if sufficient numbers of qualified coaches are available this summer. If you are 18+ in 2023 & interested in a coaching position this Summer please register your interest by filling out the form available on CCB website or Fb page.

U15 Shield Final: Our U-15 Blackwater Gaels Team played a great game against, but were narrowly defeated by Ramor Utd in the shield final. Very little separated the two sides in an extremely entertaining game in Dolan Park. Blackwater were ahead at half-time 1-7 to 1-5. The game ended in a draw at full time Ramor 2-10 to Blackwater 1-13. After extra time Blackwater unfortunately missed out by a point finishing the game Ramor 3-13 to Blackwater Gaels 2-15.



Front L-R: Conor Murray, Oisín Glennon, Jamie McDermott, Conor Smith, Ethan Livingstone, Dillan Bough, Lorcan Donohue, Darragh Hofmann, Sean O'Reilly, Conor Daly.

Back L-R: Eoin Tobin, Christopher Bough, Sam Reilly, Conor Enright, Lucas Daly, Fintan Devin, Lee Glennon, Peter Clarke, Callum Daly, Brendan Walsh, Dylan Tobin, Zack Fitzsimons.



The senior ladies are through to a league final. They won their semi-final on Sunday v Cuchulainn's 8-14 to 4-03. **Final** V Drumgoon. Date to be confirmed.

Front (L-R): Aishling Gilsean, Shauna Barr, Holly Watters, Aoife Henry, Emma Henry, Kiera Lynch, Molly Lynch, Ruby Govern, Kate Gibson, Eimer Cremin, Emma Fitzpatrick, Caoimhe Hennessy

Back (L-R): Ciara Gaffney, Aishling Rock, Aoife Campbell Stephanie Meehan, Sarah Maguire, Ciara Enright, Emma Cullen, Saoirse Reilly, Ruth Gilsean, Eimear Keogan, Zoe Maguire, Kate O'Reilly, Lily Maguire, Chloe Donohue, Grainne Hetherton, Dawn Higgins, Bronagh Mullen

U15 Féile team got to the Div 1 final and lost out narrowly to Cornafean



Munterconnaught in **ALL IRELAND EVENTS**

BJD SOCCER U-15 SFAI Subway All Ireland Final:

A huge achievement for three Munterconnaught members of the team, who made it to the All-Ireland Final on 14th May. Well done to Christopher Bough, Fintan Devon and Lee Glennon.



Over 50, Pool, All Ireland Team – winners for 3 years in a row.



John and Jenny Dowd (Island), retained their All Ireland titles in Killarney at the weekend for Over 50's Pool.



(L-R) Philip Carolan, Enda O'Shea, Martin Carolan, John Dowd, Joe Connolly, Jenny Dowd, John Columb



Great achievement.

Well done.

Awards Success for Virginia Breastfeeding Group



The Virginia Breastfeeding Peer Support Group were overjoyed to have been awarded 'Breastfeeding Support Group of the Year' at the Friends of Breastfeeding Awards 2023 held in Dunboyne Castle on 22nd April. The gala event and award ceremony was attended by a large number of local mothers from the group, including a great contingent from Munterconnaught, with more watching the event live online!

The group meet every Wednesday in the Church of Ireland Hall in Virginia from 10:00-11:30am, and is run by mothers who volunteer their time and experience to help support pregnant women, new and experienced mothers on their breastfeeding journey. The group are honoured to have been shortlisted and subsequently chosen as winners by the judging panel, and feel it is wonderful recognition for the support the group has provided for local mothers, babies and toddlers since it began 8 years ago. Peer Support Group Leader (volunteer), **Lorna Fitzpatrick Gaule**, was also delighted to have been nominated and shortlisted in the 'Breastfeeding Volunteer Supporter of the Year' category for supporting mothers and promoting breastfeeding in the Virginia group and local areas. In addition, Community PHN Lactation Consultant (IBCLC) for Cavan/Monaghan, **Mairéad McCahill-Riley**, who was awarded 'Lactation Consultant of the Year' and also shortlisted for 'Breastfeeding Advocate of the Year', attends the group twice a month to offer her support and expertise. For more information on the group or your local breastfeeding supports, visit mychild.ie or contact Lorna on 087-6626180.

Some comments from groups leaders, founding members, and group members

Lorna Fitzpatrick Gaule, Peer Support Group Leader (volunteer) said: *"We are completely shocked, but we are immensely grateful and privileged to accept this award. We started off in 2015, and it was a vision of a few mothers around the area and Mairéad McCahill to build a community of mothers who would support each other, and like many other fantastic groups around the country, amazing work has been done by everybody involved! We are incredibly lucky to have a wonderful group of mothers & babies, who make the group what it is today. ... We are already looking forward to the Friends of Breastfeeding Awards 2024, when hopefully we will get the opportunity to celebrate and recognise some more of our wonderful professionals, volunteers, mothers and advocates who continue to champion and support breastfeeding in both the hospital and community environments!"*



Olivia Geraghty, a founding member & former volunteer with the group said *“It's fantastic to see the group, having weathered the storm that was Covid, then coming out the other side and all the hard work has accumulated in the winning of Breastfeeding Support Group of the Year. It's a testimony to the work of volunteers over the last 8 years that we've seen how that passion and determination from the start has been carried through, and that we have found other passionate women as we've moved through our parenting journeys, and we realise that there has been such support for women in the Virginia area, and that other health professionals know that we are there. It was fantastic to have been involved, and I'm delighted to have seen the winning of the awards”.*



And-the award goes to VIRGINIA

Rebecca McCabe, group member said: *"I would likely have given up breastfeeding without the incredible support of the group that made me more confident, resulting in me heading for 1 year breastfeeding my 3rd child."*

Finola McMahan, group member said: *“It takes a village to raise a child, and the Virginia Breastfeeding Group goes a long way in providing not only breastfeeding support, but also encouragement and wisdom in it's bucket loads. They have definitely played a huge part in helping my breastfeeding journey with my 18 month old continue to be so rewarding. It was such an emotional and inspirational day at the awards, and the nominees were already winners in our eyes. It's so amazing to see that incredible advocacy and dedication recognised and acknowledged in such a beautiful way.”*



Úna Hetherton, group member said: *“Virginia Breastfeeding group is a very special haven for Mammies. The award ceremony looked absolutely fabulous, I could feel the immense power watching from home, I can only imagine the vibes in the room. So proud and really emotional watching the group and Mairéad win, so deserved. You're always welcome in the group, even if you're not the most frequent caller, like myself! Having access to such an environment, the WhatsApp support group, and Mairead as our Lactation Consultant, has absolutely given me the courage and strength to continue feeding into toddlerhood and to survive many a day knowing I'm not on my own on this rollercoaster of parenting.”*



A group of very PROUD mammies.

LOCAL NOTICES & THINGS TO DO

FAMILY SUPPORT CLINICS, held in Virginia Show Grounds every Tuesday morning, will continue in 2023, from 10am to 12 Noon. Phone Sandra at 086-836 6153.

CRAFTS AND CHAT - every Wednesday, Knocknaveigh (A82 V0P1). 7.30pm. €5. Crafts, chat, tea and buns. 📞 Sandra for info. 086-8205177.

EMERGENCY BUTTON: For info - contact Martin at 086-0434445

MEN'S SHED: New Members welcome to **VIRGINIA MEN'S SHED** (From 40 to 90 years old – call 087 765 3725 or just call in Wednesday 8 to 10 pm and 11 to 1 on Friday

BOAT TOURS ON LOUGH RAMOR. On a fully accessible Boat. **Pre-booking is essential** - Phone John Wilson 087 124 1674

RAMOR THEATRE: See what's on <https://www.facebook.com/RamorTheatreVirginia>

CAVAN COUNTY MUSEUM: 049-8544070. Virginia Road, BJD. A82 YP70. Adults €6. Seniors: €4. Family ticket €14. Open: Tue, Wed, Thurs, Fri & Sat 10am-5pm.

CAVAN CO COUNCIL WEBSITE: There are loads of interesting things to check out. Re grants (private houses, community etc.), as well as Leisure, Amenities, Transport and much more.

VIRGINIA SHOW CENTRE: Check out their fb page, loads to do for young and old.

KEEPING FIT

VIRGINIA RAMBLERS: Wednesday afternoon walks start at 2pm at the Virginia Show building.



Virginia Ramblers Walking Club est 2016

(see Virginia Ramblers fb page for further details). No dogs.

PARK RUN IN VIRGINIA, EVERY SATURDAY MORNING AT 9.30 AT DEERPARK, VIRGINIA.

Register once at www.parkrun.com check out <http://www.cavansportspartnership.ie/> for more details.

ACTIVE VIRGINIANS: New members welcome. Ladies and men aged 50+. Classes every week, Bowls, Pickleball, Art, Computers and more. For info: 087 235 0515 or Email: m spatprice@gmail.com

CAVAN SPORTS PARTNERSHIP: So much info – too much to include here. Check it out.

CAVAN PPN: <https://www.cavanppn.ie/>

Local Whatsapp groups: ● Munterconnaught group. 086-397 1634
● Local Gardening group 086-0828040.

Local useful Facebook pages: [MuintirConnacht GAA](#) [Munterconnaught Community](#) [Cavan Old Irish Photos](#) [Cavan Heritage](#) [Munterconnaught Heritage Society](#) [Munterconnaught CommunityAlert](#) [Munterconnaught Crossroads Development](#) [Shane Martin Moodwatchers \(Uplifting guidance & suggestions\)](#) [Virginia Ramblers Walking Club est 2016](#) These can all be searched for and joined through fb

Our new website for the community will be live in early June.

[Munterconnaught.ie](https://www.munterconnaught.ie). **Munterconnaught Community Development Association** (MCDA) is in the process of developing a website to serve the community and its many groups. It is hoped that all groups established in the area will become involved, e.g. the Historical Society, Crossroads Committee, sporting and social clubs etc, with the aim to make this a one-stop shop for all things Munterconnaught. Any articles or photos of interest can be sent to info@munterconnaught.ie



www.envirostar.ie

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Mini Me's ECCE & Afterschool
 Beside Castlerahan school Contact Anita 083-206 7482
minimesplayschool1@gmail.com

Mini Me's ECCE and Afterschool

located beside Castlerahan School
 We are now taking bookings for
 ECCE and Afterschool for September (03/24)
 Limited Places available.

Contact: Anita Clarke
 Mobile: 083 - 206 7482
 Email: minimesplayschool1@gmail.com

Ramor Landscaping

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Hedge cutting

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087-2427399

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see gardening

section

ramorlandscaping@hotmail.com

FORGE FRAMING, LURGANBOY. (RICHARD GALLAGHER) 087 7122 258.

Forge Framing service was set up by me, Richard Gallagher from my cottage in Lurganboy. Most things can be framed e.g. jigsaws, jerseys, and various other items.

Prices are usually €40-60 depending on the frame and size. If you'd like to know more please have a look at my Facebook page or contact me directly.

<https://www.facebook.com/forgepictureframing> Forgeframing@gmail.com



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Rates for advertising in our Newsletter.

Free	General news items (Church, GFC, congrats, commiserations, upcoming events, seeking employment etc.)
€10	Business advert (up to five lines) one edition.
€30	Business advert (quarter page) one edition.
€80	Full advert for the year.

USEFUL EMERGENCY NUMBERS (ALWAYS have your Eircode nearby)

Medical Emergency - In the event of a medical emergency **dial 999**.

There is a **defibrillator at the football club**, located outside the main entrance. This is the only defibrillator in the local community that is immediately available to the public.

The football club is happy to make the defibrillator available to the wider community in the event of an emergency. However it is not in a position to provide a “first responder service” outside of club grounds.

LOCAL GARDA: VIRGINIA 049-8547002 BAILIEBORO 042-969 4577
EMERGENCY SERVICES 112 OR 999
LOCAL DOCTORS: Virginia: Dr Igoe 049-8546222 Oldcastle: Dr McKevitt, 049-8541118. Dr Ann Marie Gilsean, 049-8541159
DOC ON CALL 1850 777 911 CAVAN GENERAL HOSP: 049-4376000
ACCORD: 049 4331496. 049-4375004, cavanaccord@eircom.net .
AFFORDABLE LIVE-IN HOMECARE provides live-in carers for the elderly in your area. If you are looking for a live-in carer for your relative, please call Eileen or Tom on 087 991 6791 or 087 744 0729. Go to www.alhomecare.ie for the Family Information Booklet.
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE (CYPSC). The Cavan Monaghan Services website provides official listings of services for children, young people and families in Cavan and Monaghan. This includes info on <u>health</u> , <u>mental health</u> , <u>education</u> , <u>disability</u> , <u>youth</u> , <u>childcare</u> and <u>other services</u> . https://www.cavanmonaghanservices.ie/
CUAN CANCER SUPPORT CENTRE (086-4556632) is a social support & wellness group for anyone who has had a cancer diagnosis & their family members. It offers free & confidential <u>counselling service</u> ; <u>Complimentary therapies</u> ; <u>wellbeing enhancement</u> ; <u>nutritional advice</u> ; <u>MLD massage</u> ; <u>financial care coaching</u> , programmes & workshops - to service users & their families by appointment. fb: Cuan Cavan Cancer Support Centre. cuan@cavan.ie . www.cuancancercavan.ie Address: Knappogue House, Tullacmongon, Cavan H12 WV62 Opening Hours: Mon & Wed 9am-1pm & 2pm-4.45. Fri 9am-1pm & 2pm-4.30pm
GROW – Help and support in the area of mental health. Anonymous & Confidential. 086-0201718.
Kilmore Diocesan Child Safeguarding Liaison Person - Susie Duffy 049-4375004 Ext 105.Fr. Sean Mawn 071-9644039
MARY'S MEALS: €18.30 will feed a child for an entire school year. We are asking for help to fundraise. “Move for Meals” is encouraging supporters to set themselves a challenge and get active. For more info contact Trish on 086-3140814 or www.marysmeals.ie
NATIONAL BEREAVEMENT SUPPORT LINE. 1800 80 70 77. Mon-Fri, 10am-1pm.
RAINBOWS: a support programme to help children & adolescents cope with grief or loss due to separation, bereavement or divorce. 01-4734175. www.rainbowsireland.ie
SOSAD: Save our Sons & Daughters. SOSAD Irl works in the N/E to help anyone affected by or concerned about suicide. www.sosadireland.ie 1800-901-909
SAMARITANS: Call 116 123 anytime. Don't give up. You have too much to lose. https://www.samaritans.org/ireland/how-we-can-help/contact-samaritan/
ST VINCENT DE PAUL 086-8312765 Free phone 1800 677 7777
Woman's Aid National Free Phone Helpline – 1800 341 900
WIDOW.IE Support group for those who have lost a partner. https://www.widow.ie/links-page/ There are various useful links, on the links tab.
TEARMANN: Domestic Violence Service. 047 72311 Mon–Fri. 9am–4pm. https://tearmann.net/
TUSLA- Cavan – 049-4377305
WOMAN'S AID National Freephone Helpline 1800 341 900

Valuable Sources of Research available

By Declan Cooney.

The following sources may be of use to anyone who would like to carry out research into some aspects of family or local history. Also, the Johnston Central Library in Cavan has an excellent section on local studies.

- Munterconnaught A History 1847 – 1997 (Knocktemple History Committee, 1997)
- Noisy Mansions (Knocktemple History Committee, 2006)
- Griffith's Valuation was a boundary and land valuation survey of Ireland, completed in 1868. See www.askaboutireland.ie
- Tithe Applotment Books: These were compiled between 1823 and 1837 to determine the amount which occupiers of agricultural land over one acre should pay in tithes. See www.titheapplotmentbooks.nationalarchive.ie
- Census Records: The complete census information from 1901 and 1911 is available online as well as some fragments from earlier census records. See www.census.nationalarchive.ie
- Schools' Folklore Collection. This is a collection of folklore compiled by schoolchildren in Ireland in the 1930s. See www.duchas.ie
- Michael McShane and Catherine Kerr, www.cavantownlands.com
- Archaeological Inventory of County Cavan (Patrick F. O'Donovan, 1995)
- The Parishes of Munterconnacht and Castlerahan (Dr. Philip O'Connell, Journal of the Breifny Antiquarian Society, 1925, pp 263-310)
- John Smith, The Oldcastle Centenary Book, (Oldcastle Centenary Committee, 2004)
- Patrick Cassidy (ed.), Virginia a portrait: Celebrating 400 years 1612-2012, (Virginia 400 Committee, 2012)
- MUNTERCONNAUGHT UNCOVERED Heritage of a Rural Cavan Community. (Munterconnaught Heritage Society, 2008).

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Saturday 9 am to 6 pm & Sunday 9 am to 3 pm

-SATURDAY MORNING **YOGA ON THE LAWN** 10 AM

(Bring a mat)

-SUNDAY MORNING **SUNDAY MISCELLANY** 12 pm

Musical and Choral selection by local artists
(Outdoor and Seated)

Garden tours and advice throughout the weekend

- Plant draw
- Plant identification
- Garden Quiz
- Photography and plants
- Have a go Archery
- Porcelain doll display

Visitors' Choice Garden competition

AFTERNOON TEA SERVED ALL DAY
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14. Family Addiction Support Network Cavan Event

THIS EVENT IS SPONSORED BY



FAMILY ADDICTION SUPPORT NETWORK (FASN) SHARED LEARNING & NETWORKING EVENT CAVAN & MONAGHAN

The aim of the event is to create awareness of FASN family support services across Cavan & Monaghan for family members who have loved one's experiencing addiction & substance misuse issues.

You are invited to the FASN Shared Learning & Networking Event
Wednesday 31st of May 10 am – 1 pm
Registration from 9.15am in the
Kilmore Hotel, Dublin Road, Killygarry, Cavan, H12 F6Y7
Lunch included 1-2pm

Agenda:

- The event will create opportunities to join the dots' between agencies to create whole family recovery leading to health & wellbeing for all ages.
- Showcasing the collaboration between agencies such as FASN, the Gardai, The Irish Bishop's Drugs Initiative, the Drive Program, the Rise Foundation and Cross border Steps to Cope.
- Promoting services available to family members across Cavan & Monaghan.

Guest Speakers to include:

- Rise Program – How Family Members are Supported – **Frances Black, RISE Foundation**
- Steps to Cope For Young People - Siblings Presentation by **Ed Sipler, Health Development Specialist at South Eastern Trust, NI**
- Irish Bishops Drugs Initiative Presentation by **Darren Butler**
- DRIVE Presentation by **Siobhan Maher, National Coordinator, DRIVE Programme**
- This is our Story - Family Members relay their experience of engaging with FASN

To register for this event, please email
tar.le.cheile.fasn@gmail.com

HELPLINE: 087 9046405
OFFICE NO: 042 9355251
www.fasn.ie